REGINA metro®

NEWS WORTH SHARING.

Breaking hearts in Mexico

World Cup Round of 16: Dutchman Arjen Robben's attempt to win a penalty doesn't sit well with Mexican fans PAGE 14

Happy Canada Day!

We won't be publishing on Tuesday, but be sure to look for us again on Wednesday

TITLE DEFENCE BEGINS

Saskatchewan Roughriders defensive end John Chick is congratulated by teammates after sacking Hamilton Tiger-Cats quarterback Zach Collaros during the second quarter of their regular-season opener in Regina on Sunday. The Riders won 31-10. Story, page 13. LIAM RICHARDS/THE CANADIAN PRESS

Wet weather overwhelms

'Part of our town looks like lakes.' Sewer systems, highways feel wrath of downpours in Saskatchewan

Highways closed and communities declared states of emergency on Sunday after a deluge of rain drenched southeast Saskatchewan and parts of Manitoba.

Melville, about 140 kilometres northwest of Regina, declared a state of local emergency after rain overwhelmed the city's storm and domestic sewer systems, as well as its lift stations.

The Saskatchewan government said the Town of Carnduff, the Rural Municipality of Mount Pleasant and the Village of Maryfield had also declared local emergencies, and warned that a dozen other communities were in the process of doing the same as heavy rain continued.

Moosomin Mayor Larry Tomlinson said close to a third of his town was suffering flood damage and that the rain was still falling on Sunday afternoon.

The ditches overflow with rain water near a car dealership in Melville, Sask., Sunday. LIAM RICHARDS/THE CANADIAN PRESS

"Part of our town looks like lakes," said Tomlinson. "We'll just try to keep up to it. It's all we can do."

RCMP in Moosomin said Highway 8 was shut from Highway 1, north about 50 kilometres to Spy Hill.

Another section of that highway further south had also been closed due to a washout, and police said other secondary roads were also impassable.

John Fahlman with the Saskatchewan Water Security Agency said the storm came from the northern U.S. and hit the region near the Saskatchewan-Manitoba boundary the hardest. Some areas, he said, received almost 230 millimetres over the weekend.

Tomlinson, meanwhile, noted that strong winds were also knocking out power to parts of Moosomin. That meant homeowners with electric pumps were left helpless until power could be restored, he said.

Environment Canada forecasts on Sunday called for rain to continue in the region through the day, the night and into Monday.

Saskatchewan officials said the province was deploying teams to the affected areas and was collecting flood control equipment in Regina, which they say would help it cut response times for areas needing help. THE CANADIAN PRESS

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12 Food Service
13 Craft Vendors
14 Saskatchewan Science Centre
15 Scouts Canada (Games for kids)
16 Face Painting (Street Culture Kids)
17 Curbside Games (mobile gaming vehicle)
18 Subway (Prize Wheel)
19 Sasktel Street Team (Xbox Live)
20 Directwest (Giveaways)
21 SaskPower (Giveaways)
22 KAOS Dog Sport (Shows at 1:00 PM & 3:30 PM)
23 Bright Eyes Dog Resue
24 The Regina Volleyball Club (Games at 1 PM & 3 PM)
25 Food Bank (Drop off bins)
26 Dino Bouncers (Wipe Out Game)
27 Bike Regina Valet Parking
28 Strongman Competition (Starting at 1:00 PM)
29 Dragon Boat Demo
30 U of R (games, giveaways & Reggie)
31 Milk Mobile (Create your own poster)
32 Cirque Nova Circus
33 Plywood Cup
34 Wipeout Big Ball Challenge (Dino Bouncers)
35 Sepak Takraw
36 Regina Public Library
37 Sunday Art Market

* Activity areas may not be located exactly as shown and are subject to change.

REGINA CANADA DAY 2014 - CANADA'S 147TH BIRTHDAY!

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Tuesday, July 1st starting at noon – Wascana Centre

Motel patrons warned of possible hep A exposure

Investigation continues. Individuals who were at the Mainstay Inn Motel and Restaurant near Riverhurst between June 1 and 22 asked to contact health regions

SARAH TAGUIAM
sarah.taguiam@metronews.ca

Health officials continue to investigate whether patrons of a motel near Palliser Regional Park in Saskatchewan were contaminated by hepatitis A after an employee was recently found to be infected.

The Cypress and Five Hills Health Regions (FHHR), which cover Moose Jaw, Swift Current and surrounding areas, are warning individuals who were at the Mainstay Inn Motel and Restaurant near Riverhurst between June 1 and 22 that they may have been exposed to hepatitis A.

"The risk is low but it's not a zero so we certainly want people to be aware of the possibility," said FHHR consulting medical health officer Dr. David Torr.

Hepatitis A leads to severe inflammation and scarring of the liver. There is no cure for the infection but it can be prevented through vaccines.

Patrons who visited the hotel between June 1 and 22 have been asked to call the health regions at 1-888-425-1111.

"We've gotten more than 150 calls and so far people are still calling in about precautions they could take," Torr said.

Hepatitis A is usually spread through food or water that's been contaminated by infected feces.

"So we try to emphasize that people wash their hands after going to the washroom and maintain proper hygiene," Torr said.

So far, none of the callers were infected or have any known symptoms such as fatigue, fever, loss of appetite, nausea, dark-coloured urine, light-coloured stool and jaundice.

The infected Mainstay employee, Torr said, is also recovering at home and under close watch by a physician.

Another incident of hepatitis A occurred in a restaurant in the Five Hills Health Region last April, Torr said. The exposure only lasted for a few hours and no individuals were found to be exposed.

"Hepatitis A is not common in our province because we have good systems in place for sewage, water supply and food inspections," he said. "But it does occur because it's people who spread this and people travel a lot so we need to be careful."

Celebrating first place

Professional triathlete Melanie McQuaid, from Victoria, throws her hands up in victory as she celebrates her first-place finish at the Subaru Saskatoon Triathlon at River Landing on Sunday morning. McQuaid, who was followed closely by second-place finisher Taylor Reid, of Caledon, Ont., was one of roughly 600 athletes who participated in the 2014 event. Starting at Pike Lake Provincial Park, located roughly 35 kilometres south of Saskatoon, athletes endured a 1.5-km swim, a 40-km bike ride and 10-km run through the city before reaching the finish line. Part of the Subaru Western Triathlon Series, Saskatoon was one of five stops on the event's circuit.

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UN. Health officials want more money for mothers, but interventions failing

Dollars for what?

At an international meeting of UN partners starting Monday in South Africa, health officials are getting ready to ask donors for even more money to pour into maternal health programs.

- According to research scientists found no link between the supposedly life-saving interventions and the death rates of women giving birth.

In the past decade, billions of dollars have been spent trying to save the lives of mothers in developing countries using strategies, usually inexpensive drugs, deemed essential by the UN health agency.

Yet two large analyses of maternal health programs—including one conducted by the UN itself — report that the efforts appear to be almost useless, raising troubling questions about why all that money was spent.

While critics are calling for the pricey global initiatives to be significantly overhauled, the programs are still being implemented, despite little proof they work. The practices mainly involve procedures like ensuring women giving birth get cheap drugs such as magnesium sulphate to treat labour complications, or pre-emptive antibiotics for those getting a caesarean section. Even public health officials acknowledge they were taken aback by the studies.

"Nobody could have been more surprised than I was when we got the results," said Dr. Omrana Pasha of Pakistan, who led one study of maternal health interventions. THE ASSOCIATED PRESS

Islamic state declared

The al-Qaida breakaway group that has seized much of northern Syria and huge tracts of neighbouring Iraq formally declared the creation of an Islamic state on Sunday in the territory under its control.

The spokesman for the Islamic State of Iraq and the Levant, Abu Mohammed al-Adnani, made the announcement in an audio statement posted online. Islamic extremists have long dreamed of recreating the Islamic state, or caliphate, that ruled over the Middle East in various forms for hundreds of years.

Abu Mohammed al-Adnani declared the group's chief, Abu Bakr al-Baghdadi, the new leader, or caliph, of the Islamic state, and called on those living in areas under the organization's control to swear allegiance to al-Baghdadi and support him.

"The legality of all emirates, groups, states and organizations becomes null by the expansion of the caliph's authority and the arrival of its troops to their areas," al-Adnani said.

He added the group was changing its name to just the Islamic State.

THE ASSOCIATED PRESS

Building collapses in India kill at least 22

Weekend tragedies. Dozens still trapped after two structures fall; police investigating construction company

Police in southern India detained five construction company officials Sunday, as rescuers using gas cutters and shovels searched for dozens of workers believed buried in the rubble of a building that collapsed during monsoon rains.

It was one of two weekend building collapses that killed at least 22 people.

Nearly 90 contract workers were believed to have been in the basement of the 11-storey structure to collect their wages when it collapsed Saturday on the outskirts of Chennai, the capital of Tamil Nadu state.

Police said 31 had been pulled out so far; four died on the spot and another seven succumbed to injuries in a hospital.

The exact number of those trapped was unknown but rescuers could hear feeble voices in the debris, said T.S. Sridhar, the disaster management agency commissioner. Officials used gas cutters, iron rods and shovels after cranes lifted concrete blocks to get to the survivors.

"Removing debris is a major challenge. It may take two to three days to clear the rubble," said S.P. Selvam, who is heading the rescue operation.

Rescuers with a sniffer dog search for workers buried in the rubble of a building that collapsed late Saturday during monsoon rains on the outskirts of Chennai, India. ARUN SANKAR K/THE ASSOCIATED PRESS

Rescue operations and investigations

"Removing debris is a major challenge. It may take two to three days to clear the rubble."

S.P. Selvam, who is heading the rescue operation.
Police said two directors, two engineers and one supervisor of the construction company were detained for questioning.

Police officer George Fernandes said two directors, two engineers and one supervisor of the construction company, Prime Sristi, were detained for questioning as authorities began investigating the collapse.

Balaguru, one of the builders (who uses only one name), said the structure collapsed possibly due to the impact of lightning.

"Usually, once the construction gets over we install the equipment to prevent the building from a thunder strike. It was nearing completion," Balaguru said.

THE ASSOCIATED PRESS

Sad record

Earlier Saturday, 11 people died and one survivor was being treated in a hospital after a four-storey, 50-year-old structure toppled in an area of New Delhi inhabited by the poor.

- Most homes in that part of the capital were built without permission, using substandard materials, police said.
- Building collapses are common in India due to lax regulations.

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Afghan teen expresses regret at leaving Canada

10 years later. After then-nine-year-old Djamshid Popal received surgery in Canada, he wanted to return to Afghanistan. Now, he wishes he had stayed

With the benefit of hindsight, Djamshid Popal — the fragile Afghan child whose life-saving heart procedure in 2004 made headlines across Canada — wishes he had never left the country that saved his life.

Ten years after he was flown overseas on Canada Day, eventually landing in an Ottawa hospital, the now-19-year-old Popal suffers constant nosebleeds and struggles to obtain an education in his village outside Kabul.

More concerning, his family routinely receives death threats from suspicious Taliban supporters, all because the boy benefited from Canadian compassion and medical expertise.

Popal, nine at the time, was frail and having difficulty breathing, recalled Maj. Americo Rodrigues, the army doctor from Toronto who initially treated him.

After he was diagnosed at the Children's Hospital of Eastern Ontario in Ottawa, doctors said it appeared that three of the then-nine-year-old's four heart valves had been damaged during a severe bout of rheumatic fever. Popal underwent surgery to repair his heart at Toronto's Hospital for Sick Children.

Once he started to recover, Popal became homesick for his mother Sohaila and other family members, and his father Shafiullah respected his wishes to go home. The two flew back to Afghanistan in late November of 2004.

Looking back, Popal said he believes life would have been better had he remained in Canada. As he did a decade ago, Popal still dreams of becoming a doctor, but he said his health is making it hard to complete high school. THE CANADIAN PRESS

Cpl. Kevin Comeau listens to the heart of Djamshid Popal, 9, in 2004.
STEPHEN THORNE/THE CANADIAN PRESS

Johnny Canuck to return?

A Johnny Canuck splash page is seen amid a pile of Canadian comics. Toronto publisher Rachel Richey has obtained the rights to resurrect the Canadian character, who has appeared intermittently since the 19th century. Scan the photo with your Metro News app for a glimpse of the old comics.
DARREN CALABRESE/THE CANADIAN PRESS

$20K for everyone?

Interest in minimum income sees resurgence

A group of academics and activists is trying to drum up interest in an ambitious plan to provide every Canadian with a guaranteed minimum level of income — whether or not they have a job.

Rob Rainer, a campaign director for the Basic Income Canada Network, envisions a country where everyone is assured a minimum of $20,000 annually to make ends meet.

"For many of us, we think the goal is ... no one should be living in poverty," Rainer said at a conference over the weekend at McGill University.

More than 100 speakers and participants were on hand for the conference, which focused on the merits of a guaranteed minimum income that would either replace or exist alongside existing social programs.

The idea is hardly new — the Canadian and Manitoba government conducted an experiment with the issue in the 1970s — but it has enjoyed a resurgence lately.

In the United States, the idea has supporters on both sides of the political spectrum. Proponents on the left argue it represents an opportunity for greater redistribution of wealth, while those on the right see it as a chance to cut back on bureaucracy and return control to people's lives. THE CANADIAN PRESS

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Loose-lip leader can sink stock

HOW TO ROLL
Alison Griffiths
metronews.ca

Top leaders are kind of important when billions of shareholder dollars are at stake. Lululemon shareholders are keenly aware of the impact a leader can have.

The company's stock has nosedived more than 50 per cent since founder and resident loose cannon, Chip Wilson, said the company's infamously sheer yoga pants fell apart because some women's thighs were too large.

Abercrombie and Fitch CEO Mike Jeffries also had a case of foot-in-mouth when an interview recorded in 2006 resurfaced last year. "A lot of people don't belong [in our clothes]," he said, "and they can't belong. Are we exclusionary? Absolutely."

And the stock absolutely plummeted from just over $50 US to under $32.

It isn't always gaffes from those in the corner office that skewer a company's price. Apple is perhaps the most famous example of the impact a departed leader can have.

After the legendary Steve Jobs died in October 2011, Apple stock continued to drift upward. But the honeymoon period for successor Tim Cook ended a year later.

Investors worried that he didn't have Jobs' innovation gene and the stock price quickly went south. It dropped from $100 (accounting for the recent seven-for-one stock split) to under $60 in just 10 months.

At the other end of the spectrum is Hunter Harrison. When the 11-year veteran of CN stepped into the CEO slot of underperforming rival CP Rail in 2012, the celebration began. The stock went from flatlining in the low $50 range to $190.

But investors can be forgiving of blunders. Wilson, a majority shareholder at Lululemon, caused the stock to inch up 3 per cent last week by retaining Goldman Sachs to consult on a company shake-up.

Even more dramatically, American Apparel shares jumped 15 per cent last week when recently ousted founder Dov Charney vowed to retake company control.

But this increase is hard to understand given that Charney's blunders dropped the company from a $4 stock to a 50-cent one over the past six years.

What investors say:

- 32 per cent base their decision to invest on their perception of the CEO
- 40 per cent would sell stock based solely on a new CEO
- 15 per cent would buy stock based solely on a new CEO

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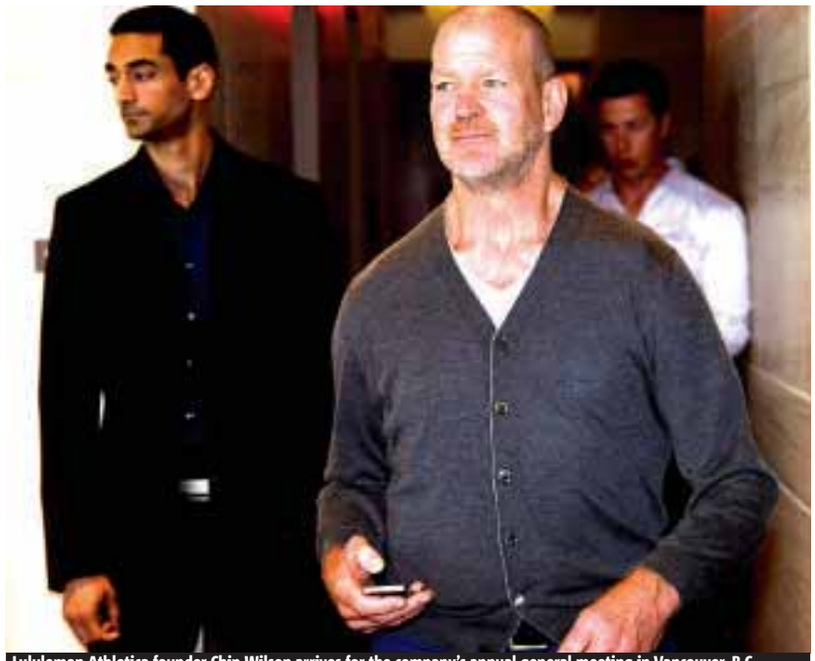

Lululemon Athletica founder Chip Wilson arrives for the company's annual general meeting in Vancouver, B.C., on June 11. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Walmart to pay up, court rules

Pierre Martineau, left, and Patrice Bergeron, two of the Wal-Mart workers who initiated the unionization, stand in front of their workplace, on Sept. 28, 2004 in Jonquiere, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

The Supreme Court of Canada has ruled in favour of Quebec workers who lost their jobs at a Wal-Mart store in Jonquiere, Que., when it suddenly shut its doors months after its employees unionized.

The court ordered that the workers be compensated.

The country's highest court ruled in a five-to-two decision that the retail giant modified working conditions for the employees without a valid reason when it shut down the store in February 2005.

The ruling ends nearly a decade of legal battles between the corporate giant and the 190 employees who lost their jobs.

The court said an arbitrator will determine appropriate reparations, possibly with damages and interest.

Friday's judgment stems from a complaint filed by the union against Walmart that alleged the enterprise had modified working conditions by eliminating their jobs.

THE CANADIAN PRESS

CRTC

Rogers, Bell clash over local TV

Two of Canada's biggest telecommunications companies are clashing over the future of local television. In submissions to the CRTC, Bell said changes should be made by the regulator to allow local TV stations to be reclassified as "local specialty services." But Rogers says it won't support the plan for the new expenses, which it feels would likely filter down to customers.

THE CANADIAN PRESS

Energy

Encana sells Bighorn assets

Energy producer Encana has agreed to sell its Bighorn operations in Canada for about $1.8 billion to another Canadian company, the privately held Jupiter Resources. Encana said Friday the sale includes about 360,000 acres of land in Canada with total net proved reserves of about 1.1 trillion cubic feet equivalent, mostly natural gas. THE CANADIAN PRESS

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URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

When John and Maria Cherneski arrived in Canada in 1903, little did they know the legacy they were eventually to create. As they travelled across the ocean in the bowels of the SS Armenia, they certainly had high hopes for their new country — and the family they knew would soon follow.

Their story is likely very familiar to the many first, second and third generations of Canadians. But for this third-generation Ukrainian, the story of my great-grandparents is as vivid and memorable as a bestseller.

The history and background of the Cherneski family is similar to the history of many of the early immigrants from Ukraine at the turn of the century. At that time, Western Canada was neither settled nor developed. In fact, the provinces were not even designated.

The Laurier government wanted to encourage foreign settlers to come to Western Canada. "The Ukrainians," declared Immigration Minister Clifford Sifton, "are of robust, peasant stock." And they came in great numbers from about 1895 to 1905 – about 350,000, in fact, during the first wave of immigration.

When my great-grandparents arrived in the Goodeve area, they established their home, cleared the land and built a church. When the First World War broke out in 1914, my family members remained firmly resolute. Despite being designated as "aliens" because they came from the Austro-Hungarian region of central Europe (Austria was an ally of Germany during the Second World War, and therefore at war with Canada), they remained loyal to this country. They passed that loyalty on to their children, who did the same with their families, and the tradition continues here and now. As Canada celebrates its 147th birthday tomorrow, I cannot help but pause and think of the pride our country holds as a nation built by immigrants. I cannot collect enough words to explain the immense joy I have in my own heritage. I revel in the uniqueness of each and every community this nation boasts.

Most cities across this country, including Saskatoon and Regina, will hold special citizenship ceremonies on Canada Day. If you have never participated in such an event, I encourage you to do so. There, you will see the excitement and anticipation on the faces of our country's newest residents. You will bear witness to those who have embraced Canada. Just as my family did, so many years ago. Happy Birthday, Canada.

Becoming Canadian

I cannot help but pause and think of the pride our country holds as a nation built by immigrants.

Christina Cherneskey is news director at 620-CKRM in Regina

LOCHIN' IT DOWN

People say they are mad for trying, but this crew is going to pedalo around the North Sea, anyway. COURTESY HOWARD SIMONS

Monstrous challenge

Pedalo-ing up some cash

ED FOSTER
Online editor at Motor Sport magazine, 31, based in London

Four friends are bidding to become the first people to sail around the 500-mile northern tip of Scotland by pedalo.

Metro talks to Ed Foster, founder of the 500-mile Pedalo project.

What is the idea behind the project? It's all about raising money for charity. My father was diagnosed with Parkinson's disease six years ago and, despite him putting on a brave face, it really is an absolutely terrible disease. Last year my friends Tash and Nico lost their mom to lung cancer only two months after diagnosis. It was a massive shock to all of us.

Why choose a pedalo? It's not very leisurely out on the North Sea ... Not at all (laughs). Our pedalo, named Mutly, is in the shape of the Loch Ness monster and that's going to make it tougher due to wind resistance. The challenge is as ridiculous as it is mad, but that's why we love it.

Do your families think you're bonkers? Yes, pretty much.

What have been the main challenges in preparing for this feat? Getting the right pedalo made for it. Pedalos are used on calm lakes as a leisurely way to pass five minutes. No one does missions on pedalos and I have never met a 'pedalo specialist.'

And yet you're taking to the water ... Failure is not an option for us. We will finish the task even if we lose half the boat in a storm.

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MetroTube

metro AR

Plenty of cheers in city of Algiers

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's been a very tough run for Algeria at the past few World Cups, so when the nation officially advanced to this year's round of 16 by playing Russia to a draw, it was time to celebrate. And by that we mean time for the entire city of Algiers to lose its mind and get with the fireworks.

It sure would be nice for Canada to be involved in this little soccer tournament. It looks fun. (Minaghitart/YouTube)

JON SUPER/THE ASSOCIATED PRESS)

metro

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Ebooks

Rogues

By. George R. R. Martin & Gardner Dozois

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

The savagery which the Game of Thrones series is known for can be traced back to one man, Prince Daemon Targaryen, whose tale is included here amongst a collection of short stories about rogues edited by George R. R. Martin. All the stories are deliciously fun, but it's the inventive scoundrels of Neil Gaiman and Connie Willis who steal the show.

BBC

He's coming back! Sherlock to return for Christmas 2015

Martin Freeman, who plays Dr. John Watson on BBC's Sherlock, dropped the first hint of what's to come for the show since its third season aired in January. In an interview with Britain's The Telegraph, he revealed that Sherlock will resume filming early next year — for what will likely be a Christmas 2015 special.

But that wasn't the only new information Freeman dropped about the fate of the show.

"We generally follow the trajectory of what (Arthur) Conan Doyle did. So (Watson) gets married, and then (his wife) Mary dies — so at some point presumably she'll die," Freeman told the Telegraph.

EVA KIS/METRO IN NEW YORK CITY

Benedict Cumberbatch and Martin Freeman on Sherlock. CONTRIBUTED

Under the Dome gets 'so Stephen King-ian'

Dean Norris. Actor dishes on his dastardly character's 'come to God' moment and the Dome as a cruel master

NED EHRBAR
Metro in Hollywood

Dean Norris picked one heck of a series as a follow-up to Breaking Bad, taking on the dastardly role of local politico Big Jim on Under the Dome, based on the novel by Stephen King. That choice certainly seems to be working out for him. The series, a smash hit last summer, returns Monday at 10 p.m. ET/PT on Global for another season chronicling the mysteriously cut-off town. Here, Norris lets us in on what to expect this year.

Where we find Big Jim at the start of the season:
Big Jim thinks that he knows what's best for the town and he thinks he's inspired by the Dome to do what he does … What happens in the first episode is that he comes to an awakening and he re-evaluates his position and his kind of personal trajectory and decides that maybe a different kind of Big Jim is required to survive under the Dome. Whether that turns out to be truthful or not, that's what we'll find out as the season goes on.

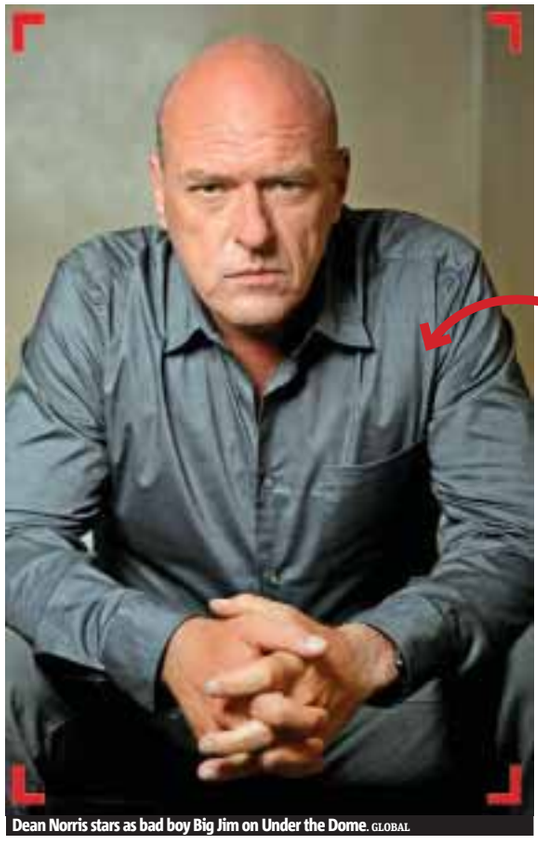
One of the things that Big Jim is trying to deal with is seeing if there is enough food for everybody, if there is enough water for everybody, what resources are left for us to survive under the Dome. That's definitely one of the themes that we deal with, and Big Jim in particular is looking to try to answer or come up with a solution for.

Whether Big Jim might be lightening up a little this season:
Actually, I think so. I think part of the transformation, the kind of theme we are talking about this year includes some redemption for Big Jim. It's actually in the first episode that he has kind of a "come to God" or "come to Dome" moment where he believes that maybe his purpose in life shouldn't be to be so nasty. And that's kind of a story arc that continues throughout the season; whether he has a higher purpose, a greater purpose other than just killing people and being mean to his son.

The rules of life under the Dome:
The Dome is a harsh master. I think we are discovering what the Dome can and can't do. That's part of the season arc. I think we are all struggling to find out what it means, what its powers are, whether it's good or whether it's bad, whose side it's on. So all of those are questions that we attempt to answer and that we struggle with throughout the season, basically getting to know that exact thing, what is it about, what could it do?

Bringing in Stephen King to write the first new episode:
Can I say something about Stephen King? The first episode is so Stephen King-ian and part of it is that almost in the midst of the kind of most horrifying and tragic elements, there are these little lines that are almost kind of humorous. It was so cool to see that because it's in his books and it was so cool to see it in the script.

I think you will see in that first episode there are moments where Big Jim maybe sees ghosts or they may be ghosts or they may be whatever they are. And while it's a kind of a terrifying or horrifying situation, it's also funny to see Big Jim have to squirm with these kind of Ghosts of Christmas Past and the future and have to deal with them. And it's such a Stephen King-ian thing and it's all present there in the first episode that he wrote.



Dean Norris stars as bad boy Big Jim on Under the Dome. GLOBAL

Mike Vogel and Rachelle Lefevre also star in Under the Dome. GLOBAL

AUGMENTED REALITY

→ What can fans expect from Season 2 of Under the Dome? Scan this photo with your Metro News app for a video of Stephen King, Dean Norris, Rachelle Lefevre and others talking about what's coming.

→ See the full instructions on Metro's Voices page.

Change of heart

"What happens in the first episode is that he comes to an awakening and he re-evaluates his position and his kind of personal trajectory and decides that maybe a different kind of Big Jim is required to survive under the Dome."

Actor Dean Norris on his character on Under the Dome

Shia LaBeouf ALL PHOTOS GETTY IMAGES

Shia transforms into angry drunk, gets arrested

Professionally not famous anymore actor Shia LaBeouf hasn't been having a very pleasant time in New York lately. The Transformers star was arrested this weekend after drunkenly causing a scene at a performance of Cabaret, during which he reportedly disrupted the show, shouted at the actors on stage, smoked what some witnesses say was a joint indoors and fell out of his chair, according to Fox News.

When LaBeouf was asked to leave, he refused, reportedly yelling at security, "Do you know who the f— I am?" He was charged with five counts of disorderly conduct, criminal trespass and harassment. LaBeouf also apparently taunted and threatened police officers even after being handcuffed and had to have a face mask put on because he would not stop spitting at the officers. According to Page Six, LaBeouf was also spotted earlier in the evening chasing a man who appeared to be homeless through Times Square demanding he hand over a McDonald's bag. "He really wanted whatever was in that bag. He had so much focus," a witness says. "If there were French fries in the bag, maybe he really wanted to eat them." LaBeouf's next court date is set for July 24. METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Ryan Seacrest gets his bod bikini-ready

STARGAZING
Malene Arpe
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Ryan Seacrest tweets that he's doing something called a Bikini Kleanse and asks his followers not to judge. Dude, there's no judging here. You can do whatever you want with your bikini as long as you buy a dictionary.

Gary Oldman rants against "political correctness" and spews a wide variety of racist, anti-gay and misogynist slurs during a Playboy interview. That's really too bad, and it leaves an unexpected, gaping vacancy on my all-time list of actor crushes. So welcome, guy who plays Hook on Once Upon a Time.

Kanye West's community service for attacking a photographer will be served teaching at a fashion school. Leather Jogging Pants 101 and Yelling for no Reason 102 are already booked solid.

Gordon Ramsay announces he will be making no more Kitchen Nightmares shows. He won't have time, since he promised Kanye to help him out teaching one of those college courses.

While visiting the set of Game of Thrones, the Queen declines a chance to sit on the Iron Throne. She didn't care that it would have been turned into a massive meme or that her entire reign would have been nullified by one pop culture moment. She was just really afraid the tiny magnets sewn into her skirt to prevent lifting would cling to the throne.

One Direction is releasing a cosmetics line. Sigh. All this time I thought it was the way I flipped my hair that made me beautiful.

Robert De Niro

Meet the neighbours: De Niro crashes viewing party

If you're planning on having a World Cup viewing party for any upcoming games, be sure to leave room for Robert De Niro. The Oscar-winning actor reportedly crashed a get-together at an apartment near the Brooklyn set of his new film to watch last week's match between Germany and the U.S., according to Business Insider. Apparently the movie's studio, Warner Bros., was ready to mount a satellite dish on a nearby building and run a cable down to his trailer if they couldn't find accommodating hosts for De Niro and company, but luckily it didn't come to that. METRO

Rick Ross arrested after failing to appear in court

Rapper Rick Ross has been released after his arrest following a U.S. concert.

Greensboro Police Department spokeswoman Susan Danielsen says Ross was taken into custody Friday after the SuperJam concert in Greensboro, N.C. She says a court had issued an order for his arrest because he failed to appear in court on a previous misdemeanour marijuana charge.

The rapper, whose real name is William L. Roberts, was taken into custody after his performance. Danielsen says he was released on $1,000 US bond. THE ASSOCIATED PRESS

Rick Ross

Neil Patrick Harris

NPH's hubby doesn't trust him around flirty guys

Neil Patrick Harris wasted no time announcing his exit from the Broadway production of Hedwig and the Angry Inch after winning his first Tony award, but apparently it wasn't just because he thought his work there was done. "Neil and (husband) David (Burtka) came to an agreement that he would let Neil do Hedwig on Broadway for six months, including the rehearsals and previews," a source explains to Radar Online. "David didn't trust leaving Neil in New York to do the show while he and the kids went back to L.A. because he knows that other guys are always very flirtatious with Neil in L.A. and he didn't want to risk it in New York. At least in L.A. David is always around to make sure it never goes any further. And not to say certain guys haven't become 'friendly' with David in New York, too, but without each other around it's hard to resist other guys hitting on them." METRO

FREE outdoor movies.
Wednesdays this summer.

Where: Victoria Park
When: Starts at dusk
This is a family friendly event
(no smoking or alcohol).

For more event info and movie schedule, visit:
www.scotiabank.com/outdoormovies

Scotiabank

LIFE

Give your kids some credit

Bank of Mom & Dad.
Teaching children as young as 10 how credit works will pay off

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

As a society, we're no damn good at handling credit. Since it's only a matter of time until someone comes and waves a credit card under your kids' noses and says, "Try it, you'll like it," your job is to make sure they're prepared to deal with credit smartly.

Can you imagine walking into a bank and saying, "'Scuse me, but I don't have a job, I've never had credit, may I have a credit card, please?" They'd laugh uproariously at your impudence. Yet every year lenders hand out thousands of credit cards to unsuspecting students who have no visible means of repayment and don't understand the impact of failing Credit Management 101.

Want to change that for your children?

As early as 10, start teaching your children how credit works, when to use it, and how to spend only what they can afford.

Issue your child a credit card on the Bank of Mom & Dad. Have Sonny Boy design the card and draw up a cardholder's agreement that you both sign. In the agreement, lay down the rules: How much credit he can use (the "credit limit"), when his statement will arrive, how much time he has to pay (the "grace period"), and the minimum payment required. Most importantly, describe with examples how much interest your child will have to pay on any balance outstanding.

Life in plastic? It's fantastic if your kid first understands how credit works. ISTOCK

The point of the exercise is to help kids to learn the reality of credit use. Lesson #1: When you use someone else's money to buy stuff, that stuff costs more. You must charge interest.

Don't come hissing and spitting at me with terms like "usury" and "profit." I'm not suggesting you build your retirement plan from your child's borrowing. If you want children to experience the true impact of using someone else's money to meet their spending needs then interest must be a part of the equation.

Loan them your expertise

It's far better for your kids to experiment with credit under your careful guidance so that by the time they head off on their own, they'll have mastered their debt responsibilities.

If you teach them it costs nothing more to acquire that scooter than the ticket price, are you really preparing them for the credit cards and personal lines of credit that are in their futures?

How much interest is enough? I suggest you go with 28 per cent a year — like a store card — otherwise the interest is not significant enough for them to feel the pinch and learn the lesson.

Now Sonny Boy can use his credit card when he sees something he wants to buy, but doesn't have any money. He gives you his credit card. You make the purchase on his behalf. You give him a charge slip to sign (a receipt book will do nicely for this). And you return his card and charge slip.

At billing time, you total his charges and present him with a bill that shows the minimum payment and the total outstanding balance. In a perfect world he pays you back in full. More likely, he makes a partial payment and carries a balance and you're in the business of calculating interest.

If you're giving an allowance from time to time, you may be hit up for an advance. This is another opportunity to teach about borrowing. Make sure to charge Baby Doll interest on the advance.

What if Baby Doll won't repay the advance? Time for Lesson #2: Inconsistent repayment affects your ability to borrow in the future. Tell her that before you give her another loan, she must offer you some form of collateral. It may be her bike, her telephone or her iPad. Make up a loan agreement and include a paragraph that clearly spells out that if the loan is not repaid on time, you have the right to take whatever collateral she has given you until the loan is repaid.

If Baby Doll consistently slips off the repayment path, you could withhold a part of her allowance and apply that to the repayment of the loan (like having your wages "garnished"). But then you are removing the responsibility for making the repayment from your child. A better lesson would be to insist upon repayment as soon as you have given the allowance. Create a chart showing how much she owes. Each week, reduce the amount owed so she can see her progress in repaying the loan.

A child who does not repay a loan on time needs to see the consequence of a bad credit history: No more loans. And the child who is constantly borrowing may benefit from having a loan request declined to teach how constant borrowing reduces her ability to repay (and therefore qualify for) yet another loan.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Let friends help you see the bright side

Self-esteem study.
Empathy and reframing can help flip a sombre pal's mood sunny side up, research shows

Being open to positive remarks from friends and family, even during a rough patch, is important for self-esteem, according to researchers at Waterloo University and Wilfrid Laurier University.

The study, which involved 113 undergraduate students with a mean age of 20.3, indicates that self-esteem is in some way a choice, based on an affinity for the positive.

Overly negative views, they say, spark a chain reaction in which rejection from a lover or potential employer can be interpreted as trail markers along the path to worthlessness.

"People with low self-esteem want their loved ones to see them as they see themselves," says Professor Denise Marigold, from Renison University College at Waterloo and lead author of the study. "As such, they are often resistant to their friends' reminders of how positively they see them and reject what we call positive reframing: expressions of optimism and encouragement for bettering their situation."

Participants reported that consoling friends and colleagues with low self-esteem was exhausting and frustrating due to their friends' fundamental lack of desire for positive reframing.

The research team found that in consoling a friend with low self-esteem, empathy is often the best approach.

This extends to identifying their negative feelings about their predicament as appropriate.

"If your attempt to point out the silver lining is met with a sullen reminder of the prevailing dark cloud, you might do best to just acknowledge the dark cloud and sympathize," says Marigold.

Additionally, participants reported that trying to cheer up a friend with one such dark side often made them feel worse about themselves, suggesting that low self-esteem is contagious.

Fortunately, there is good news, for if the sombre study didn't have a sunny flip side, then self-esteem would be a rare commodity.

Being open to positive reframing and allowing friends and family to cheer you up can greatly enhance self-esteem.

The findings were published in the Journal of Personality and Social Psychology. AFP

Feeling blue? Friends can help you cultivate a sunny attitude. ISTOCK

Make basil pesto green with envy with an olive-parsley alternative

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD
From your fridge to your table in 30 minutes or less

This delicious olive pesto goes so well with a perfectly cooked cut of beef.

The key to the best flavour and texture with flank steak is to marinate it and don't forget to cut it across the grain.

You can marinate this with a bottled light Italian dressing or use olive oil, lemon juice (or vinegar) and herbs.

Flank steak is one of the leanest cuts of beef you can buy. It's best to cook it medium to medium-rare for the best flavour and texture. Use a meat thermometer and remove from heat when internal temperature reaches 130 F, which would yield medium-rare.

The olive-parsley pesto that you'll top the steak with has a unique taste compared to regular basil pesto.

I prefer parsley as it's less expensive and keeps its colour when chopped.

Marinate the steak for up to two days in advance if desired. Make the pesto early in the day. Cook the steak just before eating.

Directions

1. To make the olive parsley pesto: In a food processor, add the parsley, oil, garlic, nuts, cheese, olives and lemon juice. Purée until smooth. If too thick, add the water. Set aside.

2. Grill or sauté steak on medium heat 5 to 8 minutes per side or until done to preference. Let rest for 10 minutes, then slice thinly across the grain. Serve with the pesto. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

Olive Parsley Pesto
- 1 cup well-packed parsley leaves
- 3 tbsp olive oil
- 1 clove garlic
- 1/4 cup toasted pine nuts or almonds
- 1/4 cup grated Parmesan cheese (1 oz/30 g)
- 1/4 cup pitted green olives
- 2 tbsp lemon juice
- 2 tbsp water

Steak
- 1 1/2 lb flank steak

Nutritional information

Per serving
- **Calories.** 481
- **Carbohydrates.** 2.9 g
- **Fibre.** 0.6 g
- **Protein.** 42.5 g
- **Total fat.** 28.1 g
- **Saturated fat.** 9.4 g
- **Cholesterol.** 120 mg
- **Sodium.** 380 mg

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

This recipe serves four. ROSE REISMAN

Taste the (carrot) rainbow

Orange carrots are so last season!

How about adding a bit of purple, red, yellow and white to your table?

You can find this rainbow of carrots in specialty supermarkets and prepare them the same way you would your garden variety orange carrots.

I like to roast them with a little olive oil and sea salt.

This might just be the answer to you convincing your children to include more vegetables in their diet.

1. Place the sliced carrots on a baking sheet lined with foil and sprayed with vegetable oil. Drizzle over olive oil and sprinkle with sea salt.

2. Roast at 425 F for about 20 to 25 minutes turning halfway.

3. Serve garnished with mint. **ROSE REISMAN**

Ingredients
- 1 lb of coloured carrots (cut lengthwise in half and then quarters)
- 1 tbsp olive oil
- 1/8 tsp sea salt
- 2 tbsp chopped mint or basil

Make your home office work for you

Home sweet office. Set up a productive, peaceful work space with these designer tips

MONICA WEYMOUTH
Metro in New York City

If you're lucky enough to work from home, you know that no work, in the history of work, has ever been done on the couch. Same goes for the kitchen table. And don't even get us started on the coffee shop: If you're not the fresh-faced, making-it-in-the-city star of a romantic comedy, you have no business working out of a coffee shop.

No, free-roaming friends, you need a proper home office. Whether you're a full-time telecommuter or just dabbling in flexible summer hours, we hit up Philly-based interior designer Mel McDaniel (melmcdanieldesign.com) for tips on setting up a productive, peaceful space.

Designate a space

No bedroom to spare? No problem. It's not crucial that you designate an entire room — just that you designate some room to be used strictly for business. "Closets, nooks, attics — if you need a home office, the space can be found," says McDaniel. "Look carefully: Is there a large closet that could be converted into an office? Is there a part of a room that would work with a space divider?"

Desk direction

A little feng shui goes a long way when it comes to your desk. "Never put a desk so that the person sitting at it has their back to the door," says McDaniel. "It's very unnerving to work without being able to see the doorway."

Light the way

There's nothing less inspiring than cubicle farm fluorescents. If you're working on your own turf, soften things up overhead, then add additional task lighting near your desk. Pro tip: To free up space, McDaniel recommends ditching the desk lamp and going for wall-mounted fixtures.

Colour theory

One of the easiest ways to differentiate your office space from your living space is the paint scheme. "Don't be afraid of colour," advises McDaniel. "Branch out from the main colours in your home — it will help create a different feel as you transition from the kitchen into your place of work."

Telecommuting

79.7%

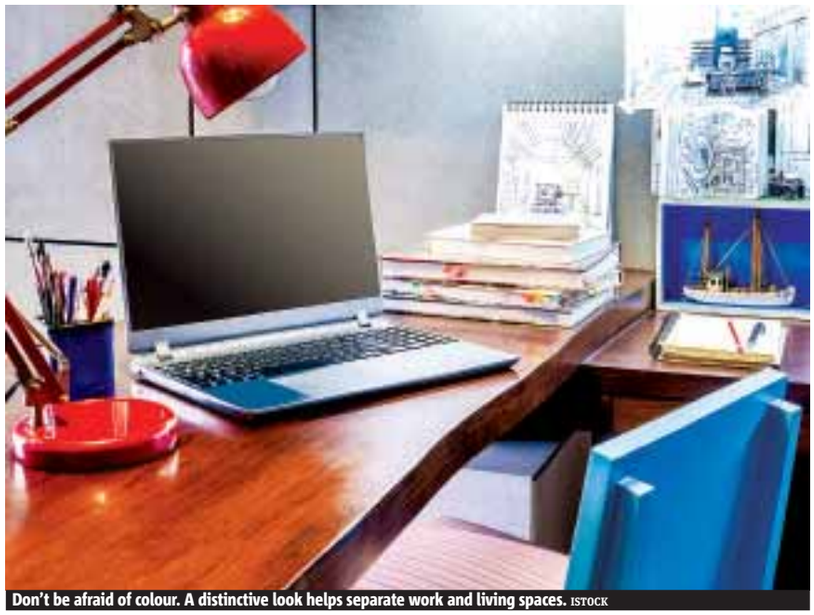
According to the Census Bureau's latest American Community Survey, the telecommuting population increased by 79.7 per cent between 2005 and 2012.

Pet-friendly amenities

Cat got your keyboard? Get kitty her own perch. THEREFINEDFELINE.COM

You can get a sitter (or premium cable) for the kids. But as for cats, well, they lounge where they please. Keep them off your keyboard with the Kitt-In Box, a genius desk extension from The Refined Feline (we've found that it also accommodates small, sleepy dogs).

- $30 US, therefinedfeline.com



Don't be afraid of colour. A distinctive look helps separate work and living spaces. ISTOCK

An office of a different colour

Branch out from the main colours in your home — it will help create a different feel as you transition from the kitchen into your place of work.

'Round the world wisdom

The strength of a declaration provided the will for one marathoner to push through her extreme exhaustion. ISTOCK

Declaring an end goal adds the push when it comes to shove

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

"Over my dead body will I not finish this race," was what Toronto's Alison Simpson said to me while semi-conscious and being injected with two 1-litre bags of saline IV to restore some energy to her severely dehydrated body.

As I walked her back to her tent around 8 p.m., all I could do was to offer some encouragement while thinking to myself she was "done." Alison looked in no shape to continue. After completing four marathons in four days, we were facing the dreaded 100-kilometre double marathon the next day. But the next morning, to our collective amazement, there she was at the starting line — 15 hours away from finishing a slow but steady run to complete the event and keep her promise to herself and anyone who would listen. Looking back on that day, I can say everyone was surprised but Alison: Her declaration was a promise that gave her the will to push through, never considering the alternative.

Alison was part of a group of close to 20 Canadians who had agreed to run the Sahara Race 2011 with me. During training alone, half of our running community had quit, falling victim to the law of diminishing intentions. Of those who made it to the starting line, two quit on the second day, another on the third. It looked like Alison had plenty of reasons to pull out, too.

Each of our colleagues who had given up and watched the race from the sidelines realized they could have completed the event had they not succumbed to their feelings — instead of remaining committed to finish. Of course, none of them had made the pronouncement Alison did.

In multi-day ultra-marathons, the level of pain and discomfort is more or less the same for all the athletes. It is what we add to the actual pain, whether we allow it to become "larger than life," that determines if we will push through or not. Irrespective of the amount of pain Alison was experiencing, to this day I believe she would have crawled 100 kilometres if that's what was necessary to keep her word. Be it in the desert or another of life's obstacles or challenges, it is much easier to push through if we declare our end goals and block the alternatives, no matter how hard it will be to realize them.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

MLB

Jays wilt in finale vs. White Sox

Left-hander Jose Quintana pitched seven strong innings and right-fielder Moises Sierra homered and doubled against his former team as the Chicago White Sox defeated the Toronto Blue Jays 4-0 on Sunday.

The White Sox took the final three games of the four-game series after dropping the opener on Thursday.

Quintana (5-7) held the Blue Jays to three hits and two walks while striking out seven. Meanwhile, Mark Buehrle went eight innings, allowing two runs for the Jays.

The American League East leaders finished June at 12-15. THE CANADIAN PRESS

PGA

Rose blooms in playoff win

Justin Rose got his mistake out of the way early and won the Quicken Loans National in a playoff Sunday over Shawn Stefani.

Tied for the lead on the 18th hole, Rose tried to hit through the trees and put it into the water. He atoned for the mistake by making a 15-foot bogey putt and got into a sudden-death playoff when Stefani made bogey on the 17th hole.

In the playoff, Stefani punched out from the trees and repeated Rose's mistake by hooking his shot into the water. Stefan made double bogey, and Rose won with a par.
THE ASSOCIATED PRESS

Wimbledon

Top men's players still in, women's Nos. 1 and 2 out

The so-called "Big 4" men who have won 35 of 37 of the past Grand Slam singles titles — Novak Djokovic, Rafael Nadal, Andy Murray and Roger Federer — are all around for the second week at Wimbledon, joined by the new major winner on the block, Australian Open champion Stan Wawrinka.

With Serena Williams out of singles and second-seeded Li Na also a third-round loser, it marks the first time in the Open era that the top two women's seeds haven't advanced to Wimbledon's fourth round.
THE ASSOCIATED PRESS

Roughriders running back Anthony Allen follows the block of teammate Xavier Fulton against Tiger-Cats linebacker Simoni Lawrence at Mosaic Stadium on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

Champs pick up where they left off

Starting with a bang.
Allen leads Roughriders to lopsided win over Ticats to begin season

Roughriders linebacker Samuel Hurl sacks Tiger-Cats quarterback Zach Collaros. The Riders registered 10 sacks on Collaros. LIAM RICHARDS/THE CANADIAN PRESS

Anthony Allen rushed for 155 yards and scored two touchdowns to pace the Saskatchewan Roughriders' new-look offence in a 31-10 victory over the visiting Hamilton Tiger-Cats on Sunday.

In front of just 19,285 spectators on a rainy and windy day at Mosaic Stadium, quarterback Darian Durant looked sharp from the opening snap. He led the Riders on scoring drives in three of their first four possessions.

Saskatchewan starts the 2014 CFL season 1-0 and will visit the Toronto Argonauts (0-1) in Week 2. Hamilton (0-1) will travel to Edmonton next week to face the Eskimos (1-0).

Chris Milo opened the scoring with a 35-yard field goal on the Riders' first possession. Allen scored his first touchdown on a two-yard reception from Durant the next time the Riders offence had the ball.

Allen's second touchdown came early in the second quarter, a one-yard plunge, and gave the defending Grey Cup champs a 19-0 lead.

The Riders led 24-1 at the half and racked up 196 yards on offence, compared to Hamilton's 80 yards.

The halftime break didn't slow the Riders. Durant marched the offence 79 yards and punctuated that drive with a 10-yard touchdown pass to Brett Swain, one of eight different receivers to catch a pass from Durant.

Durant finished the day 14-for-21 passing for 132 yards and two touchdowns.

Tiger-Cats quarterback Zach Collaros was 16-for-30 for 130 yards and a TD. The Riders defence sacked him 10 times, including two apiece from John Chick and Derek Walker. Ricky Foley had three sacks.

Hamilton scored its first and only touchdown of the day midway through the fourth quarter on a four-yard pass from Collaros to Luke Tasker, a score that made it 31-10.

The Tiger-Cats scored a single point on a 64-yard punt through the end zone in the second quarter, and added a safety in the third quarter.
THE CANADIAN PRESS

4 SPORTS

Nether say never in Fortaleza

The Netherlands' Arjen Robben leaps over a challenge in the second half of his team's dramatic 2-1 win over Mexico during the Round of 16 in of the World Cup on Sunday in Fortaleza, Brazil.
WONG MAYE-E/THE ASSOCIATED PRESS

World Cup. Mexicans ousted by quick-striking Dutch and 'the whistle'

The Dutch were worried about the oppressive heat at Arena Castelao, and left it with the stifling hot conditions to thank for a spot in the World Cup quarter-finals.

An inspired tactical change during the second of two official heat stoppages led to a late goal from Netherlands forward Wesley Sneijder and an injury-time penalty from Klaas Jan Huntelaar in a dramatic 2-1 win over Mexico on Sunday.

"I moved to Plan B at the cooling break," said Netherlands coach Louis van Gaal. "That is a good way to take advantage of those breaks."

Despite scoring 10 goals in three group matches, the Dutch again started the match with a defensive 5-3-2 system. Van Gaal made the switch to a more attacking 4-3-3 formation.

Round of 16

2	1
Netherlands	Mexico

- Mexico has now advanced to the second round at the World Cup six straight times and not reached the quarter-finals.

That helped turn the match around and extend Mexico's second-round curse to six straight World Cups.

"Unbelievable," said Arjen Robben, the Netherlands forward that earned the late penalty. "Five minutes from full time, we were out."

But the Mexicans wilted in the heat as they conceded twice as many goals in the final minutes of the match as they had in the entire group stage.

Mexico coach Miguel Herrera, one of the most popular characters at the World Cup because of his emotive ways on the sidelines, blamed referee Pedro Proenca for the loss and accused Robben of diving under a challenge from Rafael Marquez to earn the penalty.

"Today it was the man with the whistle who eliminated us from the World Cup," Herrera said. "If a referee invents a penalty, you're out of the World Cup.

"I hope they have a look at what happened and that this gentleman goes home just like we are." THE ASSOCIATED PRESS

AUGMENTED REALITY

- Scan the image with your Metro News app to view a gallery of Sunday's action in Brazil.
- See the full instructions on Metro's Voices page.

'We will go on': Costa Rica continues to defy odds

Costa Rica beat Greece in a penalty shootout Sunday to reach the World Cup quarter-finals for the first time, after defending desperately with 10 men for nearly an hour.

Michael Umana scored the decisive penalty as Costa Rica won the shootout 5-3 after the game ended 1-1.

Greece's Theofanis Gekas saw his penalty saved by Costa Rica goalkeeper Keylor Navas for the only miss in the shootout. Umana scored and straight away sprinted over to where Navas stood to hug him after the 'keeper kept Costa Rica's surprise run at the World Cup alive with a string of last-gasp stops through the 120 minutes.

Round of 16

1 (5)	1 (3)
Costa Rica	Greece

Costa Rica will play the Netherlands in the quarter-finals on Saturday in Salvador — a first appearance in the last eight for the Central Americans.

"To the entire people in Costa Rica, those at home and out on the streets, this is for you," Costa Rica's Colombian coach Jorge Luis Pinto said. "This is a people that love football and they deserve it.... We will continue fighting. We will go on. We see beautiful things."

Costa Rica took the lead early in the second half at Arena Pernambuco through captain Bryan Ruiz's smooth finish but then had defender Oscar Duarte sent off in the 66th minute with a second yellow card for a tackle on Jose Holebas.

The red card changed the game and Greece poured forward for most of the remainder of the match.

The Greeks equalized and finally beat Navas in injury time of regulation time when defender Sokratis Papastathopoulos smashed in a rebound from another Navas save to make the team's numerical advantage eventually pay and temporarily keep it in the World Cup. THE ASSOCIATED PRESS

Costa Rica players celebrate after winning a penalty shootout against Greece on Sunday in Recife, Brazil. RICARDO MAZALAN/THE ASSOCIATED PRESS

Tweet relief

World Cup breaks Super Bowl record

Nervous Brazilian fans took to Twitter as the final moments of a shootout against Chile broke an all-time record for online buzz during a live event.

Almost 389,000 tweets were generated the minute after Gonzalo Jara's penalty shot hit the right post and allowed Brazil to avoid an early exit. That broke the previous mark of about 382,000 set during this year's Super Bowl. THE ASSOCIATED PRESS

Poll

White, rich getting best view in Brazil

A poll on the wealth and race of fans attending a World Cup match in Brazil shows what any TV viewer in the nation has seen — those attending games are overwhelmingly rich and white.

That's particularly noticeable in a nation like Brazil, with more blacks than any other except Nigeria.

A Datafolha polling group survey published Sunday in the Folha de S. Paulo newspaper says that at Saturday's Brazil-versus-Chile match, 67 per cent of attendees were white and 90 per cent came from Brazil's top economic classes.

Fans arrive at Arena Castelao for Sunday's match between Netherlands and Mexico in Fortaleza, Brazil. DRAWLIO JOCA/GETTY IMAGES

Similar trends have been observed at other Cup matches — though no polls were carried out. THE ASSOCIATED PRESS

Klumsy KLM

Dutch airline feels Mexican backlash

What was meant to be a joke has turned into a PR blunder for Dutch airline KLM after it angered Mexican with a Twitter celebration after the Netherlands' win in the.

KLM posted under the heading "Adios Amigos!" Next to the word "Departures" is the image of a man with a moustache wearing a sombrero. Amid the widespread protest online, the post was pulled a half-hour later. THE ASSOCIATED PRESS

Ramadan

Algeria coach leaves fasting decision to players

Algeria's players are being left to decide whether or not they observe the Ramadan fast during Monday's World Cup game against Germany, with coach Vahid Halilhodzic saying it's not a divisive issue.

Observant Muslims avoid food and liquids from dawn to dusk during Ramadan but can skip it if travelling or doing hard physical labour. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Honesty is by far the best policy, so get ready to tell a loved one something you fear may turn them against you. According to the planets you'll be surprised to discover they don't really care — in the nicest possible way.

♉ Taurus
April 21 - May 21
You need to get serious about your money situation. For too long you've been content to take what you were given but as communications planet Mercury is about to move in your favour again ask for more.

♊ Gemini
May 22 - June 21
Many things will change over the next few days — and mostly nice things. The planets are about to reward you for all the efforts you made but that is not an invitation to stop there.

♋ Cancer
June 22 - July 23
Close your ears to criticism and let your heart lead you. The more others tell you that you are on the wrong course, the more you should keep to the path you are on.

♌ Leo
July 24 - Aug. 23
If you join forces with like-minded people over the next two days you'll accomplish something remarkable. It may not be possible for one person to change the world but many minds working together can.

♍ Virgo
Aug. 24 - Sept. 23
The planets indicate people of authority will look on you favourably over the next few days, so keep doing what you are doing and make sure you do it with a smile.

♎ Libra
Sept. 24 - Oct. 23
Cosmic activity in your fellow Air sign of Gemini will do wonders for your confidence over the next 48 hours and it won't be long before what you've been worrying about is in the dustbin of history.

♏ Scorpio
Oct. 24 - Nov. 22
The more others try to intimidate you today the more you must stick to your guns. They are only criticizing you this much because they fear that your plans might succeed.

♐ Sagittarius
Nov. 23 - Dec. 21
There are times when it is sensible to let others take the lead and this is one of them. As of tomorrow, when Mercury moves in your favour again, you can seize the initiative and make things happen.

♑ Capricorn
Dec. 22 - Jan. 20
You need to get your everyday affairs in order but to do that you will need to be more ruthless. Anything that distracts you from your aims must be cut out of your life altogether. That includes people too.

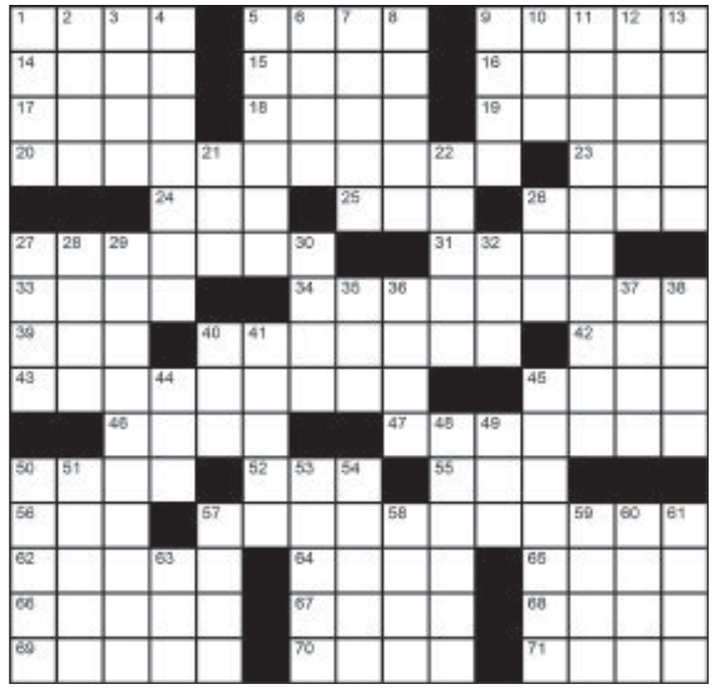
♒ Aquarius
Jan. 21 - Feb. 19
Be dynamic and make the most of whatever new opportunities come your way. Everything will work out for the best if you believe in yourself and that the Universe is on your side.

♓ Pisces
Feb. 20 - March 20
Over the next two days the planets will bring to a head issues you've been avoiding. Once you realize you can no longer run away you'll have to seek solutions. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

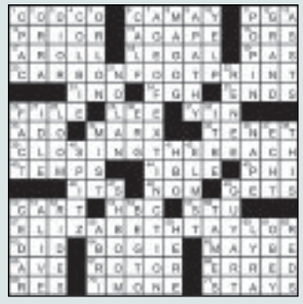
BY KELLY ANN BUCHANAN



Across
1. Engage in
5. Pouches
9. Particular pear
14. Reunion attendee
15. Firefighter
16. Red veggies
17. Type of tide
18. __ agreement
19. Classifieds cost: 2 wds.
20. Recently passed away lyricist played by Canadian actor Jake Epstein in Beautiful - The Carole King Musical: 2 wds.
23. Bus. day
24. __ de cologne
25. Hosiery hue
26. DeeJay's exclamation: "It's _ __!"
27. Sing without singing [var. sp.]: 2 wds.
31. Skin opening
33. 'Meteor' suffixes
34. Treat of tiers: 2 wds.
39. TV kind
40. TTC = Toronto __ Commission
42. Fleur-de-__ [var. sp.]
43. Ontario: Town in the County of Dufferin
45. Ms. Ward
46. Thailand, formerly
47. Helix hit: 2 wds.
50. 60-__ bulb
52. Except...
55. King: French
56. Avril's fave mo.
57. It's on display especially on July 1st: 2 wds.
62. Cattiness
64. Press
65. Anastasia's dad's job
66. Tartan
67. Woodwind
68. Ms. Fitzgerald
69. Feel
70. Meddlesome [var. sp.]
71. "Disco Duck" singer Rick

Down
1. Designer Vera
2. Helm position
3. Thickening gum
4. __ of Ireland aka 'Canada's Titanic' (Ocean liner which sank in the St. Lawrence in 1914)
5. 1980 miniseries
6. __ Space Museum of Calgary
7. Artsy creation
8. Syllable-singing system
9. Lift _ __ (Make okay again)
10. Mr. Beatty
11. "Angel Eyes" Canadian singer/guitarist: 2 wds.
12. Comic actress Cheri
13. Exerciser's motto, "__ __ or lose..."
21. "Whoopee!"
22. Where Charlottetown is, __ _ _ _
26. Rainbow's shape
27. Abner, et al.
28. Rash reaction
29. Esplanade Riel, __ bridge in Winnipeg
30. Benny Goodman's instr.
32. Suppertime scrap
35. __-Margret
36. Flanders river
37. Metric weight, briefly
38. Jacob's Bible twin
40. Acronym for time as yet unknown
41. Dance style
44. Illumed
45. __ the issue (Avoided)
48. Scotland's __ Islands
49. Crime fighter
50. They look like skinny bees
51. Particular pie
53. Toronto's __ Station
54. 2013 Ryan Reynolds cartoon about a speedy snail in which he voiced the title character
57. Relinquish control
58. Murmurs
59. 1970 rock festival, __ of Wight
60. Valley
61. Times
63. Shakespearean contraction

Friday's Crossword



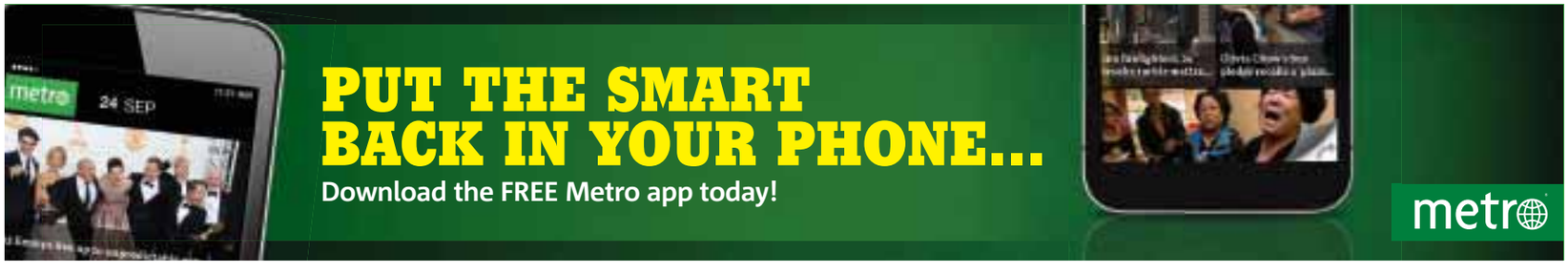
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1		7			4		9	
			9	5				4
3				8		6		
		8					1	
		3	6		8	2		
	2					4		
		5		2				9
8			7	3				
	1		5			8		2

Friday's Sudoku

6	2	3	8	9	5	1	4	7
5	7	8	2	1	4	3	9	6
9	4	1	7	3	6	5	8	2
7	6	9	4	8	1	2	3	5
1	5	2	9	7	3	4	6	8
3	8	4	5	6	2	7	1	9
8	1	5	3	2	9	6	7	4
4	9	6	1	5	7	8	2	3
2	3	7	6	4	8	9	5	1



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